Cross country skiing abounds in area

For pleasure and exercise at a nominal fee, cross-country ski on a golf course in Southeast Michigan, suggests Automobile Club of Michigan.

Auto Club's 1980-81 guide lists 30 golf courses offering the popular win-ter sport within an hour's drive of De-troit.

"Cross-country skiing is not only at the top of America's 'keep fit' list, but it's easy and inexpensive," said Auto Club's Touring Manager Joseph Ratke. "There is no fee for skiing on one-third of the courses in our guide."

of the courses in our guide."

Of the public golf courses in the eight-county region, 28 have refreshment areas, 21 offer rental equipment, 20 have marked-trails (eight of which are lighted) and 14 offer skiing instructions.

"Golf courses offer beginners wide-open areas in which to learn Nordic skiing, or a place for intermediates and experts to get in shape for longer tours," said Ratke.

According to industry predictions, cross-country skiing should surpsections whill in popularity by 1983. Currently in the U.S., there are an estimated 7 million cross-country skiers and 11 million who downhill.

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Low equipment costs (complete out-fit averages \$125), relative ease of learning main skills, high exercise val-ue and the opportunity to go "one-on-one" with nature are the advantages of cross-country skilng. The main draw-back is its dependence on natural snow.

Ratke advises skiers planning to ski on a golf course to telephone ahead for snow conditions. Many courses offer ofter facilities including skating rinks, sled and toboggan runs, snowmobile trails, downhill slopes, nature centers and banquet rooms for group outings. Auto Club suggests skiers follow these rules of etiquette:

- Keep the trail clean.
 Don't ski on putting greens, sand traps or water hazards.
 Yield the track; let the faster skier.

Persons should dress for the weather and be well rested and fed to lessen chances of hypothermia, a foro in body, temperature which, in extreme cases, can cause death.

Set a comfortable pace while skiing and take periodic breaks for rest, food and drink.

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